

Hours of Operation

Tuesdays - Fridays

12:30pm - 9:00pm

Saturdays

10:00am - 6:30pm

Facility Manager: Butch Leftwich

Recreation Specialist: Gerald Cunningham

Recreation Specialist: Michelle Avery

Washington Hills Recreation Center

4628 Oakwood Drive

Chattanooga, TN 37416

Facility Features: Computer Lab, Game Room, Arts Room, Community Meeting Room with Kitchen, ADA Accessible Restrooms, Gymnasium, Football Field, Softball Field, and much more!

Dial



For all your government needs

Chattanooga, TN 37416
4628 Oakwood Drive

PARKS AND
RECREATION

**September - December
2005**

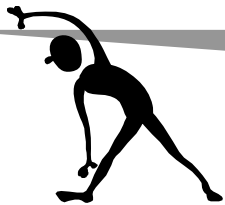


PARKS AND
RECREATION

Washington Hills Recreation Center



www.chattanooga.gov/cpr



**Adult Fitness:
“Burn & Firm”
Exercise & Weight Loss
Program**

Starting September 20th
Tuesdays and Thursdays
6:00pm - 7:00pm
Cost: \$50 for 6-weeks.

Program Includes:

Fitness Assessment
BMI
Healthy Eating Profile
Cardiovascular Exercise
Yoga
Toning/Strength Training

Senior Fitness

Starting September 21st
Mondays, Wednesdays, & Fridays
10:00am - 11:00am
\$2 per week
*Walk with ease on Mondays &
Fridays. Senior exercise on
Wednesdays.*

Adult Basic Computer Class

For Beginners

Mondays: 1:00pm - 3:00pm

Tuesdays: 6:00pm - 8:00pm

Adult Ceramics

Tuesdays: 11:00am - 1:00pm

“Bring it to the Table”

Spades & BidWiz Card Playing

Thursday: 5:00pm - 9:00pm

Community Xmas Dinner

TBA



November Basketball

(For Pee Wee ages 6 - 9)

12 & Under (Girls & Boys)

15 & Under (Girls & Boys)

18 & Under (Girls & Boys)

Call the rec center for sign ups.